



The Journal

Vol. 29

No. 19

www.dcmilitary.com/journal/

May 11, 2017

Trauma Surgeon to Receive International Award



Photo courtesy Dr. Mark Bowyer

BUILD YOUR KIT

Take action by building an emergency preparedness kit. Get tips at: ready.gov/kit

Get Ready for Hurricane Season

- Page 2



Poster Displays Starts Research Month

- Page 3



Skin Cancer Prevention Highlighted

- Page 4

Trauma Surgeon Dr. Mark Bowyer to Receive International Society of Surgery Robert Danis Award

By Sharon Holland
USU External Affairs

Retired Air Force trauma surgeon, Mark W. Bowyer, M.D., has been named as the 2017 recipient of the Robert Danis Prize by the International Society of Surgery/Société Internationale de Chirurgie. The Robert Danis Prize is awarded to the surgeon who has made the most important and personal contributions to the fields of trauma, burns or critical care. Bowyer was selected for his life-long endeavors and “broad contributions to the field of trauma covering all aspects from basic and clinical science research to clinical application and futuristic planning,” according to the Society’s announcement.

Bowyer, the Ben Eiseman Professor of Surgery, and surgical director of Simulation in the Division of Trauma and Combat Surgery of the Uniformed Services University of the Health Sciences (USU)-Walter Reed National Military Medical Center (WRNMMC) Department of Surgery, spent more than 22 years as an Air Force trauma and combat surgeon. He has taught trauma skills to thousands of medical students and physicians around the world over the past three decades and is one of the principal architects of the Advanced Surgical Skills for Exposures in Trauma course that has been shared in more than 100 course sites in 11 countries in the last six years. Bowyer served as the Air Force’s “trauma czar” while deployed to Iraq,

where he directed and coordinated all the care for combat trauma patients.

Bowyer is an active member of the American College of Surgeons, where he serves as chair of the Surgical Skills Committee of the Committee on Trauma and is actively involved in resident education. He also serves as the surgical director of USU’s Val G. Hemming Simulation Center, where he has been on the forefront of adopting the use of surgical simulators as a replacement for animals in the teaching of advanced trauma and acute care surgical skills, and works to develop and validate augmented and virtual reality as well as trauma, laparoscopic, acute care surgical, triage and critical care-based simulators. Bowyer is currently working on simulation projects to improve patient safety.

“Dr. Bowyer has been at the forefront of surgical and trauma education for the past decade. Built on his experience as a military trauma surgeon and medical educator, he has introduced skills-based assessment into the lifecycle training of surgeons. This has already had a significant impact in saving lives both on and off the battlefield, and will transform surgical education at all levels,” said Navy Capt. (Dr.) Eric Elster, professor and chair of the USU-Walter Reed Department of Surgery.

“I am humbled to accept this award on behalf of, and as a validation of the efforts of our team at USU and the entire Defense health care system, to ensure that the hard lessons learned from the care of combat casualties



PHOTO COURTESY DR. MARK BOWYER

Dr. Mark Bowyer was the 2017 recipient of the Robert Danis Prize by the International Society of Surgery/Société Internationale de Chirurgie. Here, Dr. Bowyer is pictured recently teaching a class in Thailand.

are not forgotten, and are used to better prepare surgeons around the world to care for all victims of trauma and conflict,” said Bowyer.

Bowyer will be presented with the award at the Society’s International Surgical Week in Basel, Switzerland, in August.

Poster Display Week Kicks Off Research and Innovation Month

By Bernard S. Little
WRNMMC Command Communications

The Department of Research Programs at Walter Reed Bethesda kicked off Research and Innovation Month with Poster Display Week May 1-5. This week, DRP hosts its research symposiums focused on work to advance innovation and patient care.

Posters displayed last week in the medical center’s Building 9 highlighted investigative efforts concerning evidence-based practice, quality improvement, and patient and family-centered care.

Research regarding evidence-based practice included clinical social work end-of-life surveying; clinical outcomes of open-globe injuries in the Defense and Veterans Eye Injury and Vision Registry; evidenced-based vision date to improve vision health, support military readiness, enhance education, and inform policy; evidenced-based practice improved project based on the updated guidance for the management of myocardial infraction/acute coronary syndrome; and other projects.

Quality improvement research involved investigation into fall prevention; rehabilitation of patients with visual field loss; low back pain management; improving the continuity of care in an outpatient pediatrics patient-centered medical home; decreasing medication errors by increasing patient and family involvement in medication administration; and other work by researchers from the medical center and their partners.

Patient and family-centered care research included: improving gout outcomes in the primary care setting; patient-family centered care in the ICU; application of a three-day, call-ahead appointment



WRNMMC PHOTO

Army Maj. (Dr.) Jason Reese presents his poster concerning guidance for the management of myocardial infarction/acute coronary syndrome to judges during the Department of Research Programs annual poster competition May 3 in Building 9.

reminder to decrease the no-show rate and increase patient satisfaction in an outpatient nutrition clinic; dietitians in the kitchen impact on cardiovascular disease; as well as other investigative efforts.

Posters earning blue ribbons in the various categories included: Outbreak of S Aureus Septic Arthritis following Intra-Articular Joint Injections; Infection-Prevention Interventions for Process Improvement; Successful Tofacitinib Therapy for a Soldier with Alopecia Universalis; Heterozygous mutation in FBN1 in a patient with disproportionate short stature, joint hypermobility, and skin laxity; and WRNMMC TeleAudiology Proof of Concept.

Walter Reed Bethesda’s Patient and Family-Centered Care Committee is instrumental in

conducting the PFCC poster contest, named in honored of Dr. Paul Florentino whose career took him from work as a Air Force flight surgeon to deputy commander of medical services at the former National Naval Medical Center, a predecessor of WRNMMC.

Florentino, a Brooklyn, New York native, helped guide the integration of NNMC and the former Walter Reed Army Medical Center to form WRNMMC, and he was a major contributor in shifting the paradigm of care from being primarily physician driven to physician, patient and family-centered, acknowledging the pivotal involvement of the patient and the patient’s family in care. To continue his legacy, the PFCC poster competition is open to any WRNMMC department or team that initiates research, innovation, or process improvement to benefit patient and family-centered care.

Florentino died in 2011 and is buried in Arlington National Cemetery.

Lina Kubli, chair of the PFCC committee, explained the benefits of patient and family-centered care include an increase in the quality of care; greater trust between providers, patients and their families; and improved confidence in the overall health-care system resulting in better outcomes.

Army Col. (Dr.) Peter J. Weina, DRP director, has stated, “We have quality researchers [and] partnerships [at WRNMMC]. It’s really not a right to be able to do research here with our nation’s heroes; it’s a privilege.”

Army Col. Michael S. Heimall, WRNMMC director, has explained research advances the practice of medicine, which is a hallmark of the medical center. “Research is critically important to advancing our profession...,” he added.

Melanoma Awareness Day Highlights Prevention, Early Detection

By Bernard S. Little
WRNMMC Command Communications

Highlighting prevention, early detection, the latest research and treatment of the deadliest form of skin cancer, Walter Reed Bethesda's John P. Murtha Cancer Center of Excellence hosted the annual Melanoma Awareness Day seminar and skin cancer screenings May 4 during National Melanoma/Skin Cancer Awareness Month.

Army Col. (Dr.) Craig D. Shriver, director of the Murtha Cancer Center, explained cancer "is and should be," a concern for the military. He explained guidance from the Pentagon to the Murtha Cancer Center calls for "prevention, screening and detection" of cancer.

"Once a service member is diagnosed, determining treatment with minimal side effects while maximizing the treatment effect, and rehabilitating the service member," are also focuses of the cancer center, Shriver said.

He explained a cancer diagnosis impacts readiness, taking the service member "out of the fight for months if not a year or more," for treatment and rehabilitation.

"A cancer diagnosis in an active duty service member is in many ways akin to a trauma diagnosis," added Shriver, also a general surgeon who's treated injured warriors from blasts and gunshot wounds. "A cancer diagnosis is no less devastating to readiness," he added.

Dr. Janis Taube, a pathologist at the Johns Hopkins University School of Medicine, discussed opportunities for future development of immune markers for staging and prognosis of cancer, and Lt.



PHOTO BY BERNARD S. LITTLE

Navy Lt. Cmdr. (Dr.) Jennifer Naff, a dermatology resident at Walter Reed Bethesda, shares a personal story of her father's battle with melanoma during the Melanoma Awareness Day Seminar May 4 at the medical center.

Cmdr. (Dr.) Jessica Naff shared a personal story of how melanoma has impacted her family.

A Personal Story
"As a graduate student at the University of Michigan, I took a course on cancer epidemiology," said Naff, a dermatology resident at Walter Reed. "My group was required to present a talk concerning skin cancer, and specifically, I was tasked with discussing the epidemiology of melanoma, the most deadly form of skin cancer."

"Fast forward to my first year of medical school in March 2008, I was walking to the gym and got a phone call from my mother who said, 'Your dad has melanoma and he's having surgery on Monday,'" Naff recalled. "He was 51 years old at the time."

"Almost immediately the statistics I shared with my cancer epidemiology class started twirling through my head," she continued. "One person dies of

melanoma every 54 minutes. The five-year survival rate for patients whose melanoma is detected early is 98 percent. That numbers falls to 62 percent when the disease reaches the lymph nodes, and 18 percent when the disease metastasizes to distant organs.

"It turns out my father had a non-healing black spot on his right arm. It had apparently been there for quite some time. The pathology from his surgery showed that his melanoma was 6.5 millimeters deep, and they had found metastases in two out of the seven lymph nodes. He had Stage III Melanoma," Naff said.

She explained her father's treatment included surgery and interferon therapy, which worked for a while, but of over the next 18 months, he ended up having 12 surgeries and the cancer continued to spread. He was also put in a clinical trial for treatment.

"I was at Navy Officer Development School in April 2011 when I got an email from my mother informing me my dad's cancer had spread to his lungs," Naff said.

Five years ago this past February, Naff's father died. He was 55.

"During the four years my father battled melanoma, my brother was also diagnosed with melanoma. At age 24, he had his first melanoma," She added. "He's now 31 and has had three."

"So far, I've been pretty lucky," said Naff. "I get my full body skin exam. I wear sunscreen. I make efforts to protect myself while still enjoying outdoor activities that I love. Prevention is the key to my survival however my relationship with sun has forever changed."

See **MELANOMA**
Page 5

SOCIAL MEDIA

NSA BETHESDA



/mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS









Navy Life

NavyMWR NDW

NFAAS

Navy Fitness





Morale Welfare & Recreation (MWR)

5/13 8 am Luray Caverns Trip-Open to All \$40, Liberty Price \$20*
Register in Ticket Office, Bldg. 2

7 pm Styx with special guest Eddie Money Concert
Doors open at 5:30 pm-RAIN OR SHINE!

5/14 10 am-2 pm Mother's Day Champagne Brunch-Warrior Café, Bldg. 62, for reservations, call 301-400-0127 or see Café cashier.

5/18 11 am-2 pm BBQ on the Patio-Bldg. 62 Patio-Free Ice Cream with Entrée purchase!

5/19 11 am-2 pm Asian and Pacific Islander Luncheon-Warrior Café-Korean Ribs, Thai Curry Chicken, Pork Adobo and more!

5/20 8 am Philadelphia Trip-Open to All \$20, Liberty Price \$10*
Register in Ticket Office, Bldg. 2

MARK YOUR CALENDARS....

5/24 11 am-12 pm LUAU Lunch-Warrior Café, Bldg. 62
Aloha Hula Dancers, Music, Kalua Pork, Huli-Huli Chicken and more

6/9 11 am-4 pm Bretton Woods Country Club Golf Outing
18 holes, golf cart, post round meal, free future weekday round of golf
Register by 6/8: nsabgolffune2017.eventbrite.com

6/10 10 am Color Me 5K
Early bird pricing ends on May 26!
Register by 6/8: nsabcolorme5k2017.eventbrite.com

6/17 6-9 pm Daddy Daughter Dance, Bldg. 17 Gymnasium
Register by 6/14: daddv-daughter-dance-2017.eventbrite.com

Liberty Center Bldg. 11

Liberty patrons include WII, NMA, Geo-Bachelor, E1-E6 (*Liberty Eligible Price)
PH 301-319-8431

5/9 5 pm FREE
Make Mom A Card!

5/13 8 am FREE
Regional Paintball Tournament

5/13 8 am \$20*
Luray Trip

5/17 6 pm FREE
Girls Night In-Girls only! Spa services-
Mani, Pedi, Massage

5/20 8 am \$10*
Philadelphia Trip

Saturday, May 13

Freedomlivendw.com

MWR and Freedom Live Presents Styx with special guest Eddie Money

Doors Open 5:30 pm

General Admission FREE

Ticket is required for entrance (including General Admission)

Open to all with base access.

MELANOMA

From
Page 4

Naff said the point of her story is to emphasize melanoma is not “just skin cancer because invasive melanoma affects over 87,000 individuals and kills almost 10,000 people every year. The people who suffer from it may not have visible evidence of the disease. The scars are likely hidden.

“My dad never lost his hair and kept working and living a normal life,” Naff explained. “When people came to his funeral, they commented they didn’t even know he was sick.

“I’m grateful lifesaving research is being conducted on a daily basis and we’re coming up with newer and newer cures for melanoma,” Naff said.

“Melanoma is the cancer that made me want to become a dermatologist, and I can’t help but think that if we would have caught this earlier, my father would still be alive today,” she added.

Screening, Treatment
Dermatologists Drs. Jennifer Stein and Emanuel Maverakis discussed identifying melanoma and advancements in the treatment of the disease, respectively.

Stein, from New York University Langone Medical Center, explained all people should be screened for skin cancer at least annually, but especially those who are at higher risk for the disease. These individuals include those who are light skin, as well as adults aged 35 to 75 years of age who have blond or red hair; a personal history of melanoma or other skin cancers; a family history of melanoma in one or more family members; fair skin; many freckles; severely sun-damaged skin; and a history of blistering or peeling sunburns and indoor tanning.

She encouraged providers to do full-body exams during screenings for the disease. “You have to take people’s clothes off to find their melanomas. Don’t let time and embarrassment stand in the way. Look them over from head to toe.”

People are also encouraged to carefully check all of their skin once a month for skin cancer. Any changes in existing moles, freckles or spots should be reported to your doctor. If you see a suspicious spot, use the ABCDEs of early detection: A is for Asymmetry (one half of a mole or birthmark does not match the other half); B is for Border (the edges are irregular, crusty, notched or blurred); C is for Color (the color is not the same all over and may include shades of brown or black, sometimes pink, red, white or blue); D is for Diameter (the spot is larger than ¼ inch, about the size of a pencil eraser, although melanomas can

sometimes be smaller); and E is for Evolving (the mole is changing in size, shape, or color, or starts to bleed or scab).

Treatment of melanoma can include

surgery, adjuvant therapy, chemotherapy, immunotherapy and radiation therapy. Maverakis of the University Of California Davis Department Of

Dermatology, explained in recent years there has been a rise to a number of targeted therapies that are promising in treating melanoma.

For more information

concerning skin cancer, visit the Centers for Disease Control and Prevention website at http://www.cdc.gov/cancer/skin/basic_info/prevention.htm.

Imagine Life at a Unique, Vibrant Military Retirement Community

The nation's first military retirement community has provided more than 50 years of service to those who experienced the unique life of the military family. Knollwood is built on the cornerstones of personal attention, superior care and camaraderie.

Knollwood, bordering Rock Creek Park, is convenient to all Washington, D.C. has to offer. Our affordable continuing care retirement community features modern independent living apartments that range in size from 500 to 2,900 sq. ft., assisted living apartments, skilled nursing and memory care.

You may be eligible for America's first and finest retirement community if:

- ★ You are retired military officer with a minimum of twenty years of service.
- ★ You are or were the spouse, mother, father, son, or daughter of a military officer.



To schedule your private tour, contact the Marketing & Admissions Office at **202-541-0234** or marketing@armydistaff.org



Knollwood's Environmental Services Department is Green Seal Certified.

6200 OREGON AVE. NW, WASHINGTON, DC 20015 | ARMYDISTAFF.ORG

Knollwood, a continuing care retirement community, is owned and operated by the Army Distaff Foundation, a nonprofit charitable organization committed to providing a safe, permanent home for uniformed officers and family members.

HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, *Wounded Warriors Family Support* aids veterans and their families in healing the wounds that medicine cannot.

Wounded Warriors Family Support serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org



OUR MISSION: SUPPORTING MILITARY FAMILIES



**WOUNDED WARRIORS
FAMILY SUPPORT**
WOUNDEDWARRIORSFAMILYSUPPORT.ORG

“Live Life Your Way”



**Vinson Hall
Retirement Community**
Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation

Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

Call for a tour today!
(703) 536 - 4344



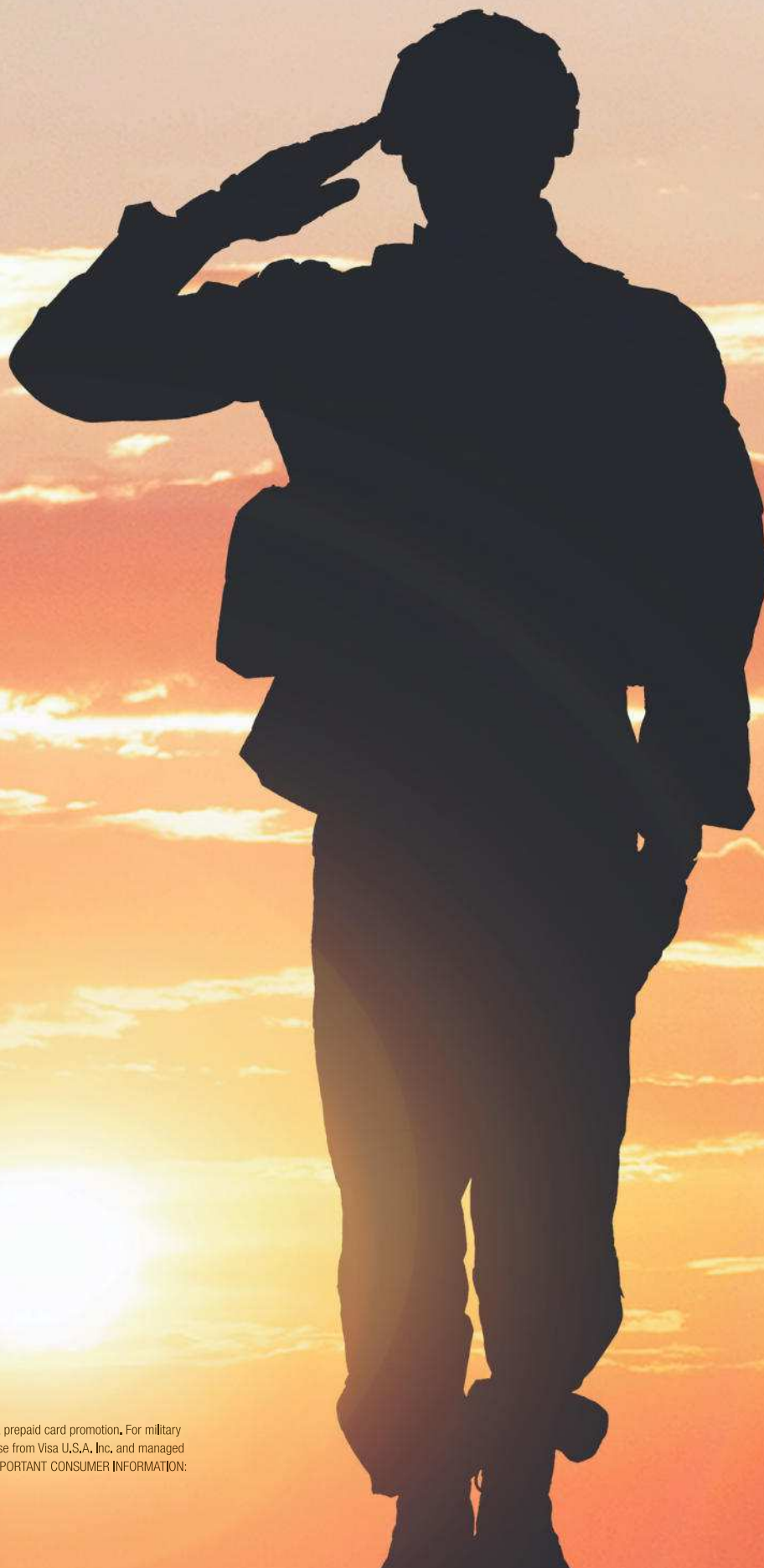
**Vinson Hall
Retirement Community**
6251 Old Dominion Drive
McLean, VA 22101
703-536-4344
www.vinsonhall.org

Verizon is proud to support our troops.

\$200 Visa® gift card per line

15% off the monthly account access fee

For all former and current military who switch.



verizon✓

4G LTE smartphone on device payment purchase & new activation required. Excludes Samsung S8 & S8+ and Samsung trade-in promotion and \$50 Visa prepaid card promotion. For military veterans, reservists, and active-duty service members only. Prepaid cards mailed within 10 weeks. Cards are issued by Citibank, N.A., pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa debit cards are accepted. Activation/upgrade fee/line: \$30. IMPORTANT CONSUMER INFORMATION: Subject to VZW Agmts, Calling Plan & credit approval. Offers & coverage, varying by svc, not available everywhere; see vzw.com. While supplies last.



Classifieds

Call 301-645-0900

BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD
CALL 301-645-0900

Apartment
Unfurnished

Equal Housing

All Real Estate advertised here-in is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



To place an ad
Call 301-645-0900

Auctions

ON-LINE
AUCTION

May 16-23, 2017
ANTIQUES, JEWELRY,
STERLING
HOUSEHOLD GOODS,
FURNITURE
ON-SITE PREVIEW:
MAY 18, 1-6 p.m.
@ 606 Kent Ave.
Pasadena, MD 21122
For full listing & photos
visit www.campbellllc.com
410-810-8915

BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD
CALL 301-645-0900

GARDEN CENTER

LIFESTYLE BOUTIQUE

LANDSCAPE DESIGN | BUILD | MAINTAIN



BEAUTIFUL - JUST LIKE MOM!

LANDSCAPE DESIGN | BUILD | MAINTAIN

CALL FOR APPOINTMENT
T 301.762.6301

RETAIL LOCATIONS

5258 RIVER ROAD
BETHESDA, MD 20816
T 301.656.3311

7405 RIVER ROAD
BETHESDA, MD 20817
T 301.469.7690

AMERICANPLANT.NET







Honor your roof with VALOR!



NO MONEY DOWN!
payments as low as
\$89
a month

Honor. Respect. Trust.
Your Roof with VALOR.

-  Lifetime warranty
-  GAF Certified
-  One Day Installation
-  Materials made locally in Baltimore

**CALL NOW FOR A
FREE ESTIMATE
240-654-0900**

VALOR
ROOFING


**OPERATION
SECOND CHANCE**
Helping Heroes **Move On**


GAF Certified
Weather Stopper Roofing Contractor

MHIC# 130246

**ACCREDITED
BUSINESS**
A+

Payment is based on approved financing for 16 square roof with 7.99% interest for 180 Months. Offer is based on our Economy Roofing System with GAF Royal Sovereign shingles. Cannot be combined with any other offers.